

performance and alleviate students' learning anxiety.

Objective: For college students majoring in architectural design, as they are about to graduate and enter society and work, many students are worried that they only have theoretical knowledge and their practical ability is not qualified, resulting in great psychological pressure and anxiety. Based on the theory of educational psychology, this paper analyzes the law of students' psychological changes in the teaching process, and puts forward to add the practice link of environmental psychology course in the teaching process, so as to improve the teaching mode of environmental psychology course, improve the teaching quality of the course, improve students' academic performance and alleviate students' learning anxiety.

Subjects and methods: Randomly select two classes in a university as the research object. Self-rating Anxiety Scale (SAS), Hospital Anxiety and Depression Scale (HADS) and Symptom Checklist 90 (SCL-90) were used to evaluate students' anxiety, and the test results were used to evaluate the teaching effect. Randomly select a class as the research group (42 people), and adopt the improved teaching mode based on educational psychology for teaching; The other class is recorded as the control group (45 people), using the traditional teaching mode. After teaching for a period of time, compare the anxiety level and course performance of the two groups of students.

Results: Before teaching, there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups ($P > 0.05$); After adopting different teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$). The changes of SDS scores of the two groups are shown in Table 1.

Table 1. Changes in SDS scores of students in the two groups

Timing	SDS score		<i>t</i>	<i>P</i>
	Research group	Control group		
Before teaching	68.2±5.8	67.3±6.6	0.542	0.777
After teaching	42.0±3.1	68.1±5.4	7.562	0.000
<i>t</i>	7.414	0.351	-	-
<i>P</i>	0.000	0.734	-	-

Conclusions: In colleges and universities, with the promotion of grade, students face more and more things, greater and greater pressure, and more and more serious psychological anxiety. A survey shows that more than 75% of college students have felt pressure and anxiety about their study, so learning anxiety is the main anxiety type of college students. Based on the theory of educational psychology, this paper analyzes the law of students' psychological changes in the teaching process, and puts forward to add the practice link of environmental psychology course in the teaching process, so as to improve the teaching mode of environmental psychology course, improve the teaching quality of the course, improve students' academic performance and alleviate students' learning anxiety. The results showed that there was no significant difference in SAS score, HADS score and SCL-90 score between the two groups before teaching ($P > 0.05$). After adopting different ideological and political teaching modes in colleges and universities, the SAS score, HADS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$).

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ANALYSIS ON THE INFLUENCE MECHANISM OF PHYSICAL EDUCATION ON STUDENTS' EMOTIONAL VALUE AND SELF-EFFICACY UNDER EDUCATIONAL PSYCHOLOGY

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Background: In colleges and universities, with the promotion of grade, students face more and more things, greater and greater pressure, and more and more serious psychological anxiety. Students are prone to some negative emotions when they encounter difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt, which leads to anxiety. There are eight main reasons for college students' psychological anxiety, including changes in learning environment, self cognitive imbalance, excessive academic burden, difficult adjustment of interpersonal relations, psychological confusion in making friends, insufficient psychological quality, difficult to bear setbacks, excessive social competition and employment pressure, and economic pressure caused by students' family poverty. Many studies have shown that when students' anxiety is controlled within a certain range and lasts for a short time, anxiety can make students have a sense of urgency, so as to establish the direction and goal of efforts, focus attention and improve learning efficiency. However, when the degree of anxiety exceeds a certain range and lasts for a long time, the anxiety will affect the students' body hormone secretion and make the secretion level of various hormones abnormal, thus breaking the balance of the body system and causing students to feel pain. Serious will even lead to students suffering from a variety of mental and psychological diseases, such as cognitive impairment, communication impairment and emotional disorder.

Physical education is an important means to improve students' physical quality, enhance students' self-confidence, alleviate students' negative emotions, and then treat students' anxiety. However, the traditional physical education curriculum has many defects and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to reform the curriculum. Educational psychology is a branch of psychology. Its main research direction is the learning effect of students, the effect of teaching intervention, the teaching psychology of teachers and the social psychology of school organization under the educational situation. Educational psychology is to apply psychological theory to education, so as to improve teaching methods, improve students' learning enthusiasm, and help students solve various problems in the process of learning and growth. Educational psychology has important applications in teaching design, teaching mode improvement, promoting students' learning motivation and helping students overcome psychological problems. Through educational psychology, teachers can have a deeper understanding of students, improve the pertinence of teaching, adjust teaching methods and teaching methods, and improve teaching quality. The research analyzes the psychological needs of students based on educational psychology, so as to improve the college physical education teaching mode, improve the teaching quality, improve students' physical quality and self-confidence, and finally alleviate students' anxiety.

Objective: Physical education teaching is an important means to improve students' physical quality, enhance students' self-confidence, alleviate students' negative emotions, and then treat students' anxiety. However, the traditional physical education curriculum has many defects and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to reform the curriculum. Research on improving college physical education teaching mode based on educational psychology in order to improve teaching quality, improve students' physical quality and self-confidence, and finally alleviate students' anxiety.

Subjects and methods: 120 students were randomly selected as the research object in a university. The students were randomly divided into study group and control group, with 60 people in each group. Among them, the research group adopts the improved college physical education teaching mode based on educational psychology, while the control group adopts the traditional college physical education teaching mode. Compare the anxiety level of the two groups before and after teaching. Self-rating Anxiety Scale (SAS) was used to evaluate students' anxiety, Symptom Checklist 90 (SCL-90) was used to evaluate students' overall mental health, and Stress Perception Scale (Chinese version) (CPSS) was used to evaluate decision-makers' achievement stress and anxiety.

Results: Before teaching, there was no significant difference in SAS score, CPSS score and SCL-90 score between the two groups ($P > 0.05$). After adopting different college physical education teaching modes, the SAS score, CPSS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$). The changes of SAS scores of the two groups are shown in Table 1.

Conclusions: Students are prone to some negative emotions when encountering difficulties, setbacks or blows, including tension, anxiety, fear and anxiety caused by impaired self-esteem, loss of self-confidence, frustration and guilt, which lead to anxiety physical education is an important means to improve students' physical quality, enhance students' self-confidence, alleviate students' negative emotions, and then treat students' anxiety. However, the traditional physical education curriculum has many defects and cannot play its role in alleviating students' anxiety. Therefore, it is necessary to reform the curriculum. This paper studies the improvement of college physical education teaching mode based on educational psychology in

order to improve teaching quality. The results showed that there was no significant difference in SAS score, CPSS score and SCL-90 score between the two groups before teaching ($P > 0.05$). After adopting different college physical education teaching modes, the SAS score, CPSS score and SCL-90 score of the students in the research group were significantly lower than those in the control group ($P < 0.05$).

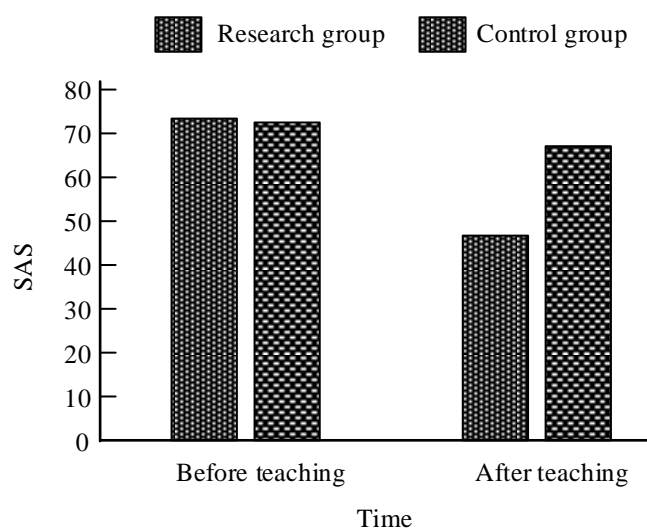


Figure 1. Changes in SAS scores of students in the two groups

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CORRELATION ANALYSIS BETWEEN IDEOLOGICAL AND POLITICAL EDUCATION BASED ON FLIPPED CLASSROOM THOUGHT AND COLLEGE STUDENTS' PSYCHOLOGICAL QUALITY

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Background: Anxiety is a kind of negative emotion caused by the inconsistency between expectations and reality, or fear and worry about the imminent threat. In the learning process, due to the fear of poor learning effect and students' self-denial, some students will have a sense of failure and frustration, resulting in students' emotions in a state of tension and fear for a long time, and finally lead to students' symptoms such as anxiety and depression. Long term excessive anxiety will damage students' physical and mental health, and seriously lead to students' mental loss of control or collapse, personality disintegration and other consequences, resulting in a significant decline in students' quality of life, loss of confidence in life, self injury, suicide and other dangerous behaviors, which not only affects the normal life of students and their families, but also affects the harmony and stability of society. The mental health of college students is not sound, and they are in a special moment of life. At the same time, they are faced with academic pressure, work pressure and social pressure, so they are very easy to suffer from anxiety symptoms. When the degree of anxiety is too high and lasts too long, students' physical and mental health will be damaged, students' interest in learning will decline, and even weariness will appear, which will greatly affect students' normal study and life.

Ideological and political education is an important way to improve college students' psychological quality and alleviate their psychological anxiety. However, the current teaching mode of Ideological and political education in colleges and universities has great defects. Students have little interest in and pay insufficient attention to ideological and political education in colleges and universities, and the teaching quality of Ideological and political education is also relatively low, so it cannot play its role in alleviating students' anxiety. Flipped classroom is a new teaching mode emerging in the era of big data, which can improve students' autonomy and interest in learning. Educational psychology is a psychological theory put forward under the background of teaching reform. It has important theoretical and practical significance in promoting the reform of education system. In addition, educational psychology is also of great significance to the improvement of educators' psychological quality and teaching methods. Educational psychology contains many related theories, including psychological content, students' psychological change law in the